

Easy Chick Pea and Spinach Indian Curry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/sichuan-peppercorns-indian-recipe>

Ingredients:

- 1 pound chickpeas also called garbanzo beans, drained.
- 2 tablespoons olive oil
- 1 onion large
- 3 cloves garlic
- 1 ounce fresh ginger chopped
- 1 medium tomatoes chopped
- 4 ounces tomato puree
- 2 teaspoons turmeric
- 1 tablespoon Garam Masala
- 1 tablespoon coriander powder
- 10 cloves dried
- 15 peppercorns
- salt to taste
- 1 1/2 cups water if the sauce is too thick add more water
- 6 ounces chopped frozen spinach thawed and drained
- coriander leaves Fresh, for garnish, optional
- 2 cups brown rice

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 113 grams
3. Fat: 12 grams
4. Fiber: 13 grams
5. Protein: 17 grams
6. SaturatedFat: 2 grams
7. Sodium: 700 milligrams
8. Sugar: 4 grams

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